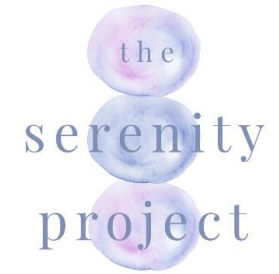


Valentine's Countdown: 14 Days of Self Care



February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1st Go to bed 20 minutes early.	2nd Unsubscribe from 3 emails.	3rd Cuddle an animal.
4th Send a note to a friend who may be lonely.	5th Replace one caffeinated drink with herbal tea or water.	6th Turn your phone off for an hour.	7th Wear your favorite sweater.	8th Avoid sugar today.	9th Re-read some pages of a favorite book.	10th Watch something that makes you laugh.
11th Take a long hot bath.	12th Delegate something.	13th Scent your pillow with lavender.	14th Write a (love) letter to your future self.			